



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccoli

The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



1 Chive and Nut Cheddar Cakes

Pan-fried quinoa cakes flavoured with fresh chives and Noshing Naturally Cheddar, served with a fresh broccoli salad with a coconut yoghurt dressing, pepitas and cranberries.

 30 mins

 2 servings

 Plant-Based

21 May 2021

Bulk it up!

Add a tin of drained white beans to your chive cakes. This will give them a little more moisture and help to stretch the mixture out if you want to cook extra. Just be sure to add a little more seasoning.

Per serve: **PROTEIN** 25g **TOTAL FAT** 39g **CARBOHYDRATES** 83g

FROM YOUR BOX

QUINOA	100g
LEMON	1/2 *
COCONUT YOGHURT	1/2 tub *
BROCCOLI	1
RED ONION	1/2 *
CHERRY TOMATOES	200g
SEED MIX	1
CHIVES	1/2 bunch *
NUT CHEDDAR	3/4 block *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried coriander

KEY UTENSILS

large frypan, saucepan, blender or food processor

NOTES

Cook in batches if necessary, you don't want to over crowd your pan.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and rinse.



2. WHISK DRESSING

In a large bowl, whisk together the juice of half a lemon with yoghurt, **salt and pepper**.



3. MAKE SALAD

Finely chop broccoli, dice red onion and halve cherry tomatoes. Toss vegetables well in yoghurt dressing, top with seed mix.



4. FORM THE CHIVE CAKES

In a blender, pulse together the quinoa, chives, **1/2 tsp dried coriander, salt and pepper** until the mixture comes together. Grate the cheddar and mix in by hand. Use oiled hands to form 6-8 cakes.



5. COOK THE CAKES

Heat a frypan over medium-high heat with **oil**. Cook cakes for 3-4 minutes each side or until golden brown on each side (see notes)



6. FINISH AND PLATE

Evenly divide broccoli salad with chive cakes among shallow bowls.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

